LAWRENCEBURG. : TENNESSEE

It is the "stepless," not the "strapless," car that is coming.

A sure way to become a pessimist is to think about the weather.

Keep the wedding bells in tune and there will be no domestic discord.

A woman's idea of the acme of

martyrdom is to wear last year's hat. "Wealth does not mean happiness,

says a millionire. Neither does poverty.

The period of the muzzled dog has arrived. That's mighty tough on the dogs.

that there are no icebergs floating in the sky. Wellesley college students have put

a kibosh on slang. Evidently it gets their goat. That pest, the fly, is getting numer-

to get busy. There are 50,500 windowless rooms

is a civilized town.

One of the beauties of the one-half cent piece is that nobody will take the trouble to counterfelt it.

"Bables," says a Paris scientist, "are covered with germs." So is money, but nobody shows any fear of it,

One hates to think of the backaches the farmers are to achieve in harvest ing the abundant crops this year.

A scientist has discovered 400 different kinds of fleas, and sometimes you think, no doubt, your dog has 'en

We are soon to find further evidence that the fireproof screen is as much of a reality as the unsinkable

Don't bother about having a father's day. Father attends to that himself every week the club plays at

There are various ways to skin a eat, but they are few in comparison with the number of ways to skin the

A Philadelphia man died in a barber's chair while being shaved, but we presume the barber went right on talking.

If, as a scientist tells us, there are milk, what is the population of a milk

able is the one who forgot all about a fishing trip while reading the politi cal news. The sparrow may be a savory viand,

as the department of agriculture says. but somehow it always puts us in mind of an insect.

"Americans," says a college professor, "are overworked." Occasionally a college professor says something that strikes home.

"Golf." says a clergyman, "keeps 100,000 caddles away from Sunday school." But think of the picturesque vocabulary they acquire.

The man who claims he caught whale with a lasso would have no dif tracted by the jangling of the ficulty in being elected to a post of auctioneer's bell. honor in the Ananias club.

"Australia now has a woman on the bench." That's nothing; so have the St. Louis "Cardinals."

George's garden fell and broke his leg to the Hoyle of court etiquette.

Although a German savant has indisease, it will not be useful for restraining impulsive candidates.

old, of Brooklyn, has just become the father of twins, both doing well. Doc Osler's views have not yet been obtained.

A course in "scientific baby wash ing" has been established in a New York school. They ought to extend it so as to include boys under 14 years of age.

An American has been arrested in London for throwing money away in the streets. Evidently the Hotel Employes' union there has some influence with the authorities.

The coroners of Pennsylvania are to meet, and the people of that state begin to fear that the object of the meet ing will be to stimulate business.

A wise man in Missouri arises to remark that poetry is a disease. Now that we come to think of it, we have seen some poetry that looked sick.

Playing poker in one's own home, according to a New York jurist, is not a crime. Nevertheless, one's wife is likely to think so if the home team

loses.

Tom Edison informs us that the time approaches when there will be moving pictures in every home, but by that time they will have ceased to be a novelty and our young folks will have found a new excuse to stay out at night.

At last down-trodden man has a champion. A judge in New York, in a suit in which a wife wanted a weekly alimony of \$25 from a ten-dollar-adelinquent husband has a right to ex- was first brought.—Harper's Weekly. uninjured. week spouse, decided that even a

NATTIONAL CAPITAL

Capitol Trees Planted By Statesmen



WASHINGTON,—"Give me a real Sherman, vice-president of the United | were showing age, devised the idea of States, the other day as he stood on planting new ones to preserve the apthe lawn of the capitol and cast a pearance of the grounds when the old One of the beauties of aviating in critical and experienced eye at a bole ones finally gave way. With this came in the ground six feet in diameter and the idea of having some statesman three feet deep. In the hole stood a hold the shovel a moment in order to small tree, destined to be known as give the new trees each a name. the "Sherman tree," and Sunny Jim was there for the purpose of perform and when former Speaker Cannon fining the historical business of planting ishes his, making the count ten, the vice-president a small spade, child vice-president planted a purple beech. ous, and it is time for the householder size. Upon his indignant refusal of Senator Wetmore of Rhode Island, this implement a man-size shovel who is very rich, sent home for an with a rounded bit and a long handle English beech. Senator Cullom plantwas placed in his hands, and if they ed an American elm and said he hoped in New York, which in some respects had not stopped him he would have to live until it should attain its filled in the hole in a few minutes. growth. Senator Lodge and Congress-

asked him to desist after he had planted red oaks, while Senator Bathrown a few shovelfuls into the aper- con of Georgia inserted a pin oak into ture. Until this spring only two trees the ground and Senator Gallinger of on the grounds of the United States New Hampshire a willow oak. Speakcapitol bore the name of any human er Clark planted a sugar maple and being. One is known as the Washing- his predecessor will plant a red oak,

ton elm because when the father of HOPE I LIVE A5 his country used to do some surveying in the vicinity he ate his lunch beneath it. The other was the Cameron tree, so called because Simon Cameron of Pennsylvania paid for having it saved and moved when it was ound necesary to use the spot on pose. This spring Elliott Woods, superintendent of the capitol, noting shovel," exclaimed Sunny Jim that some of the trees on the grounds

Nine trees have now been planted An attendant had just handed the work for this year wil be done. The "I supposed I was to plant this man James R. Mann of Illinois and tree," said the vice-president as they William J. Browning of New Jersey

Lost Hats at the Executive Office

Now we intend to make it an issue. For some years we have openly lamented that at the executive office of the president of the United States there are no hat racks. The time is at hand when the great issue must be met. Congressman C. B. Slemp of Virginia, who is generally as punctilious as an ordinary mortal can be, finished a rapid-fire conference with the president and came out to find his hat, which he had left upon one of the seats in the outer room. Hastily and then carefuly he looked, but his hat was not there. Someone had changed hats. Now Congressman Slemp's hat was of fairly normal size, ries. and all he could find was a little hat that would cover only the rear end of his head. And that was discovered only after the process of elimination had been applied and the little bat

was the only one left. to roam about the executive office dollars. 8,000,000 bacteria in a spoonful of hunting for stray hats. Of course ev erybody joked Congressman Slemp, suggestion that a hat-rack and cloak-Of absent minded men the most not



intrepld congressman from Virginia. Furthermore it was at that season of the year when not only the feminine mind, but the masculine mind also, was focused on the subject of hats. Under these conditions was Mr. Slemp obliged to run the gauntlet amid the volley of none too sympathetic que-

This may serve as notice to anyone who has by mistake walked away with a size seven and three-quarters "hardboiled" hat, a derby of late design and good quality, that it should be returned at once to Congressman Slemp. It is humiliating to think that the Said hat has associated with it cerstatesmen of the country should have tain memories-besides costing five

Therefore are we justified in the but it was far from a joking matter room be established at the White to walk down Executive and Pennsyl- House. Then the visitor can receive vania avenues to a distant hat store. his check, emblazoned with the seal It did not comport with statesmanlike of the government, and can feel some dignity; to say nothing of the embar- sense of security as to the safety of rassment of meeting on the way his his headgear while he is chatting with colleagues and other friends who won- Secretary Hilles or conferring with dered what could be wrong with the the president.-Chapple's News-Letter

Bell "Peeved" Uncle Sam's Young Men



NO longer will the minds of the em-N ployes of the patent office be dis-

For some time past numerous complaints have been made to Clement S. Ucker, chief clerk of the department of the interior, by employes of the patent office, to the effect that their work was interfered with by the in-An American invited guest to King cessant ringing of a bell at an auctioneer's establishment, in Seventh This is not supposed to be according street Northwest, betwee E and F streets, opposite the patent office.

They complained that the bell commenced ringing promptly at 9 o'clock vented a serum for the hoof and mouth in the morning and that it continued until 4:30 o'clock.

Chief Clerk Ucker finally reported Dr. David Allyn Gordon, 80 years tempt was made to arrest the auc- make up for lost time.

tioneer on a charge of disorderly conduct. While the warrant was being sworn out in police court, however, Assistant Corporation Counsel Gus A. Schuldt considered the case and rendered a decision to the effect that the auctioneer was not liable to prosecu-

tion for the ringing of the bell.

The warrant was not sworn out, but Capt. Michael Byrnes, of the Sixth precinct visited the auctioneer and explained to him how he was unconsciously interfering with the work of Uncle Sam and slowly demoralizing the patent office. Tears came to the eyes of the auctioneer at the thought of having caused Uncle Sam a moment's trouble, and in broken words notified the captain that it would be unnecessary to arrest him, for he would discontinue the ringing of the obnoxious bell at once.

So the bell will ring no more. That is, during patent office hours. But up to one minute of nine in the morning, and after 4:31 o'clock in the afternoon, the bow-legged wielder of the massive bell will jangle it in a manthe matter to the police and an at- ner never before heard of in order tr

Daylight Canned and Sold By Expert

CANNED DAYLIGHT" is an illum- | GIM HE inating invention of Prof. Walter O. Snelling of Pittsburgh, former expert of the department of agriculture. He is startling Washington scientists and gas manufacturing experts with demonstrations of his new "sunshine" maker, carried in small suitcase.

Liquid gas is Professor Snelling's invention. It is manufactured from waste gases and vapors of oil wells, cheaply produced, easily condensed and transported. That it will revolutionize farm illumination is predicted by its inventor. His suitcase "gas plant" carries enough material to light a room for two weeks, without replenishing, at a cost of about \$1.

"Canned" gas, Professor Snelling says, can be supplied farmers at a now pay. In a single container, 2,000 feet, nearly a month's supply, is held in liquid form, to be liberated when burned as needed. The liquid gas de- Nanking was put into use on April 11. velops a heating and lighting power of It is 68 feet long and the bunks are 2,400 British thermal units, as against each 7 feet long.



1,000 units of ordinary illuminating

Republican money and railway sleeping cars are two innovations in old-fashioned China. The new Chinese republic dollars, the minting of which has just begun, bear two lions and the Chinese character for "one dollar" on one side, and on the reverse the characters "Current Money" and "Chinese Republic," with a wreath of flowers, appear. Yuan Shi-kai has incost as low per 1,000 feet as city folk spected the new coins and has given

his approval of them. The first of two sleeping cars available for service between Shanghai and

Fell Far Without Injury. The Chocolate Plant, Simone Catinot, a five-year-old girl, The chocolate plant is a native of America. When first introduced into fell from a fourth floor window of a Europe chocolate was used only as a building at Havre, France, the other luxury, but it speedily advanced in day, without sustaining any injury popular esteem. It is now cultivated save a few scratches. The child had in countries far from its original home. been left alone in a locked room, and The chocolate plant, as well as tea as she could not open the door, she and coffee, has been cultivated from broke a pane of glass with an umtime immemorial. Chocolate as a brella and jumped out of the window. beverage rapidly made its way in She was taken to a hospital but after Europe, beginning in Spain, whither it a careful examination was pronounced

SCIENCE

QUITE HANDY WHILE SHAVING

Aluminum Holder Keeps Brush and Soap Always With Mug-Not Subject to Targishing.

A useful shaving accessory has recently been put on the market in the shape of a holder, which keeps the brush and soap always in place The on or in the shaving mug. holder is made of aluminum and, which it had stood for some other pur- therefore, is light and not subject to tarnishing. At the top rise two flexible arms, which clasp the brush



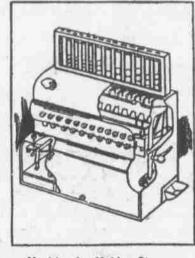
Handy Shaving Accessory.

handle and hold it in a horizontal position over the cup, with the bristle and where the drippings can drop into that receptacle, and not stain the window-sill or any woodwork where the clip running down the back engages holder extends midway down into the angles at the bottom, and with two little spikes arising from it. The soap is pressed on to these spikes and remains fixed when the brush is rubbed over it.

MACHINE WILL MAKE CHANGE

All That is Necessary is to Press Buttons and Coins Indicated Are Spouted Out

Since the day of the first cash register there have been many machines made on its principle. One of the latest is the automatic change-making machine invented by a California man. Most of us are familiar with machines met with in drug stores and restaurants, where the amount of our purchase is set forth and recorded used to raise the piston when the every time the cash drawer is opened, cylinder is being filled with oil from This new apparatus, however, goes a the reservoir. change, which it discharges into a purchase is made the clerk records



Machine for Making Change.

the amount, as on the other kind of cash registers, and then records the amount of money received for it. If there is to be change he merely pressthe buttons representing the ēs. amount of change required and the proper coins drop from their places into the chute that leads to the cup.

Science of Olden Times. There is a distinct tradition of flying machines at a very remote date in China, according to the author of "The Civilization of China," and rough wood cuts of such cars have been handed down for many centuries. There are even hints of the X-ray, there being a record of a physician of the fifth century B. C., who was able to see into the viscera of his patients, while another physician, who lived about 1,800 years ago, was accustomed to use an anesthetic and operated upon the bowels and offered to cure the headaches of a military commander of his day by opening his head. Hypnotism has been used for hundreds of years, but is forbidden by law. The ranks of the Boxers were largely recruited from the society of the vegetarians, who neither eat meat, smoke nor drink.

The Sixth Sense. At a recent meeting of the Paris Academy of Sciences, Monsieur Kunz discussed the phenomenon of "feeling at a distance," to which the power of blind people to avoid near-by obstacles is ascribed. Monsieur Kunz believes that such a power exists, and that it is not peculiar to the blind. It seems to be shared by others who possess a peculiar constitution. The faculty appears to reside in the skin, for experiments show that it is not connected with the sense of hearing. As to its nature, little knowledge has been obtained. There is a tendency to ascribe obscure phenomena of this kind to electrical action, but the mode of operation remains unknown.

Age of Tortoise. It is generally understood among naturalists that the tortoise is longest lived of all animals. There are many instances of their attaining the extraordinary age of 250 years, while one is actually mentioned as reaching has been invented by a Wisconsin the age of 405 years.

ACETYLENE FOG-HORN SIGNAL

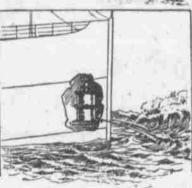
Automatically Controlled Buoy of Beacon Used for Year Without Being Given Attention.

An automatic acetylene fog-horn is being worked out by Gustav Dalen; the Swedish inventor of the automatic ally lighted buoy or beacon. The light-controlling device is a sun valve, by which the light of day shuts off the acetylene from the burner and the appearance of darkness turns it on and relights it. A buoy equipped with this valve has been regularly lighted for more than a year without attention or renewal of its supply of calcium carbide. An acetylene fog-horn already patented by the inventor in Canada consists of a rotating disk, carrying on its periphery small pockets containing gas, and a horn in front of which an electric spark explodes the gas. Each pocket passes an acetylene jet before reaching the spark, the acetylene thus taken up forming an explosive mixture with the air. By changing the rate of the disk's rotation, the rapidity of the explosions can be varied to any number up to 500 or more per second, and the tone produced by the horn as a result of the explosions can be adjusted as de art, judgment and wit expended upon sired by a suitable regulation of the speed. To cause the horn to operate when needed, and only then, has been the serious problem. One plan is to have it set in action by a tuning fork responding to the vibrations of a steamer's whistle, and with this ar- out marking it with a shadow of derangement an approaching steamer in a fog would, on sounding its whistle, get the fog-horn signal indicating the the caprices of taste, fashion and locality.

MEANS OF SUBDUING WAVES

Automatic Apparatus Being Manufactured for Discharging Oil on Sea

During Stormy Weather. A special automatic apparatus for discharging oil on the sea in stormy weather as a means of subduing the implements may be stood. A spring waves is being manufactured by a British concern. The apparatus conthe edge of the mug and holds the de-sists of a cast-iron oil reservoir above vice in firmly. The main piece of the a vertical cylinder. A heavy piston, working in the cylinder, attached to a mug and has strip extending at right tubular rod and provided with a spring, ejects the oil onto the water.



Oil on Troubled Waters.

A handwheel on the spindle rod is

The apparatus bow as shown in the illustration, says little cup at bottom, like the re the Popular Mechanics. Two small deceiver on a slot machine. When a livery pipes protrude through the bow, one on each side of the stem. The discharge of each pipe is about half a gallon per hour, but this may be varied according to requirements, density of oil, etc.

Oil has been utilized for many years as a means of subduing the waves, and in many instances has saved vessels from disaster.

Eardrums Protected.

To protect the eardrums of men on deck from the shock produced by the discharge of naval artillery, protectors made of celluloid are inserted in the ears, with a ball at one end which fits in the ear opening. The device is formed with a bore which turns at an angle at the ball, and it is through this bore that the sound waves are permitted to travel to the ear. The ordinary vibrations produced by speech are so small that they pass through the bore, but the large sound waves produced by the firing of the big guns are impeded.

Discovery of Gases. The fact that two volumes of hydrogen and one of oxygen unite to form precisely two volumes of water vapor, led to the discovery that all gases have exactly the same number of ultimate particles in a given volume.

NOTES OF London is the healthiest capital of

Europe. Street gas lamps were first used in London in 1807.

Licorice grows in abundance in the Ural territory of Russia. There are more muscles in a rat's tail than in a man's hand.

The Scotchmen are the heaviest on the average of all-British subjects. The state of West Virginia produces 65 times more coal than it did 80 years ago.

Ribs radiate from a center disk of metal in a kite frame patented by a Wisconsin man. The world's demand for moving pieures now calls for the use of nearly

55,000 miles of films a year.

standard of public schools at a cost of about 20 cents a day a pupil. A French chemist claims to have devised a simple but accurate method of measuring the surface of a human being.

New Jersey maintains its high

The average weight of a man's brain is three pounds and eight ounces while that of a woman is two pounds eleveu ounces. A Berlin scientist claims to have found a way to build up diamonds

from chips with ordinary illuminating gas and a mercury amaigam. Oxygen constitutes one-third of the soild earth, nine-tenths of water, and one-fifth of the atmosphere, and is the most abundant of all substances.

An attachment for phonographs by which a violin can be connected with a record and made to produce music FORD.

TO RESTORE GARDEN IOWA WOMAN

Work Is Begun on Famous Orangerie at Versailles, France.

Landscape is Considered Le Notre's Masterpiece-It Has Particularity of Giving the Impression of Being Perfect Work of Art.

Paris, France.-Important works are in progress at Versailles in the restoration of the Orangerie. These are expected to be terminated shortly. Since, therefore, the great gardener Le Notre again occupies public opinion it is permissible to expatiate upon the beauties of the gardens at Versailles, which are unquestionably his masterpiece.

Designed as they are with consummate art, these gardens are always charming, though nowhere in them is there a trace of abandonment or fancifulness. They have the particularity of giving the impression of being a perfect work by reason of the them, and for this reason such poets as Alfred de Musset have never been able to admire their precise, stiff and rather solemn style. But, on the other hand, their beauty is one that endures, over which the years slide withcrepitude or with a wrinkle, and which ends by triumphing over all time.

There is a famous point in the gardens of Versailles-this is the one chosen by Louis XIV, himself to afford his visitors an opportunity of admiring his vast domains. This point is in the axis of the Tapis Vert, at the foot of the Parterre de Latone. From it one can embrace in a magnificent view the perspective of the Chateau,

the park and the Grand Canal. Turning first toward the Chateau. the visitor's eyes run rapidly over the marble steps, the wide alleys, the verdant slopes which lead up to it, without missing the play of the fountains, the sculptures and vases, mingled with the trees, lawns and flowers, with sobriety and perfect

From the parterre of the Orangerie the eye naturally rises to the imposing mass of the Chateau, which ap-



In Versailles Park

pleasure of this image is such that one can easily imagine it adorned with the most varying and brightest colors in all possible shades of red green, yellow and blue-in a word like a veritable picture.

DOG SLEUTH REVEALS MURDER

Canine Found Barking Beside the Body of an Italian in Pleasantville.

White Plains, N. Y .- Following the discovery of the body of an unidentifled man in a lake on Ophir Farm. the country place of Whitelaw Reid, on the outskirts of White Plains, last week, the body of another man who had been murdered was found in a lonely part of Pleasantville. Coroner Squires and Sheriff Doyle were unable to find anything to indicate the iden-

tity of the body found. The man, who had been dead a long time, had two stab wounds in the neck. It is believed that both men were Italians. The body at Pleasant ville was found by Charles Rhoades who was attracted to the wood in which it lay by the barking of a dog. The dead man was lying on his back. As soon as Mr. Rhoades came to the body the dog ran away and has not been seen since. As there were no signs of a struggle it is supposed the man was murdered in some other place and the body brought to the spot where it was found. Hundreds of Italians are employed in the construction of the new Catskill aqueduct in Westchester county, and it is possible, the authorities say, that the two murdered men may have been members of the construction gang.

WRITER'S CRAMP, MISNOMER

Merely a Case of Inability of an Over Tired Brain to Signal the Muscles.

London.-Biological tests by scientists at the London hospital show that 'writers' cramp" and other similar states of apparent muscular paralysis are actually due, not to the tiring of the muscles, but to brain fag.

It appears that the particular part of the brain which controls special combinations of muscle-action, such as the movements of writing or the workin gof a telegraph key, tend to become more quickly exhausted in some individuals than in others. Such exhaustion leads to a state in which the brain is actually unable to send out its necessary messages to the hands and fingers to write, tap a key, hold a violin bow, and so forth. Furthermore, once the nerve calls, the "batteries" of the brain get thoroughly run down, it is not easy to restore their energy.

Freed From Shooting Pains, Spinal Weakness, Dizziness, by Lydia E. Pinkham's Vegetable Compound.

Ottumwa, Iowa.-"For years I was almost a constant sufferer from female trouble in all its dreadful forms;

shooting pains all over my body, sick headache, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegeta-

you these facts. My heart is full of gratitude to Lydia E. Pinkham's Vegetable Compound for my health."-Mrs. HARRIET E. WAMPLER, 524 S. Ransom Street, Ottumwa, Iowa. Consider Well This Advice. No woman suffering from any form of female troubles should lose hope un-

ble Compound has done more for me than

all the doctors. I feel it my duty to tell

til she has given Lydia E. Pinkham's Vegetable Compound a fair trial. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for nearly forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegeta-

ble Compound. If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

His Cholce. "This enterprise is a promising one."

paying proposition." Entirely Practical.

"Is it? But what I'm lookink for is

"Son, I hope you are engaged to a practical girl." "Oh, she's very practical, dad. She drives her own car, and she can take a motor apart as well as any expert in

A Prediction.

"Do you think Biffels will ever reach a green old age?" "He surely will, if he lives long enough and doesn't know more ther than he does now."

the business."

Had Them. "Do you keep motoring accessories?" asked the man entering the de-

partment store. "Oh, yes," replied the floorwalker, with a bow, "we keep arnica and witch hazel. Drug department, second aisle to the left, please!"

Clothes and the Man.

A colporteur in South Carolina, walking many miles through mud, accosted a passerby and suggested the purchase of the Bible. He was refused. The next day, says the Record balustrade of the sustaining wall. In of Christian Work, after a night's rest all this architecture are arranged the and cleanup, he set up his stand in greenhouses or winter garden in town and had the pleasure of selling which the rare or fragile plants, the a Bible to the very man who had reexotic trees, such as the rose laurels, fused to purchase the day before. "I the pomegranate and orange trees, met a muddy man yesterday with find shelter. And the picturesque Bibles," said he, "who looked like a Methodist tramp. When I buys a Bible I buys it from a Baptist gentle

man."

The First Consideration. At St. Andrews some years ago an old farmer and his plowman were carting sand from the seashore. They were behind the target on the rifle range, but hidden by a bank of sand from a party of volunteers, who were then on foot, at practice. A stray bullet struck the plowman on the leg, and he immediately dropped, exclaim-

ing: "I'm shot!" Without more ado the farmer scrambled up the bank and, waving his hand to the volunteers, shouted: "Hey, lads, stop that, will ye? You've shot a man, and it micht has been the horse!"-London Tit-Bits.

> DOCTOR'S SHIFT. Now Gets Along Without It.

A physician says: "Until last fall i used to eat meat for my breakfast and suffered with indigestion until the meat had passed from the stomach. "Last fall I began the use of Grape

Nuts for breakfast and very soon

found I could do without meat, for my body got all the nourishment necessary from the Grape-Nuts and since then I have not had any indigestion and am feeling better and have increased in weight. "Since finding the benefit I derived from Grape-Nuts I have prescribed the food for all my patients suffering from

where I want a food easy to take and certain to digest and which will not overtax the stomach. "I always find the results I look for when I prescribe Grape-Nuts. For ethical reasons please omit my name." Name given by mail by Postum Co.,

indigestion or over-feeding and also

for those recovering from disease

Battle Creek, Mich. The reason for the wonderful amount of nutriment, and the easy digestion of Grape-Nuts is not hard to

In the first place, the starchy part of the wheat and barley goes through various processes of cooking, to perfeetly change the starch into dextrose or grape-sugar, in which state it is ready to be easily absorbed by the

blood. The parts in the wheat and barley which Nature can make use of for rebuilding brain and nerve centers are retained in this remarkable food, and thus the human body is supplied with the powerful strength producers, so easily noticed after one has eaten Grape-Nuts each day for a week or ten days.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above lettery A new one appears from time to time. They are genuine, true, and full of human